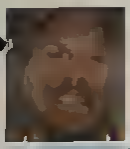


CSI programmer steps down
Jody Andruszkiewicz is gone but he leaves a lasting impression on the college

News

Spoke

Unique electricity alternatives
Two Ontario cities are using different methods for hydro conservation

Laying the smackdown in words
Kitchener author incorporates his love of writing and wrestling

Features

Monday January 5, 2004 | *Conestoga College, Kitchener* | 36th Year — No. 1

Fragrances can cause people to become very ill

by CARLA KOWALYK

A little goes a long way in perfume in Conestoga College's health facility and environmental coordinator.

Carolyn Farmer is urging, in a memorandum for everyone, at the college to be considerate of other people's sensitivities to fragrances and adjust your usage taking into consideration the well-being of others.

Carolyn Johnson, a graduate of the practical nursing program at Conestoga College, said people who have allergies to strong fragrances can suffer some severe consequences.

A person's reaction to perfumes or colognes could be as minor as just getting the sniffles or as serious as their throat swelling up which makes it difficult for that person to breathe," Johnson said.

The most common reaction is a really bad migraine."

She pointed out that hospitals have a zero tolerance to people wearing a strong fragrance of any kind. They ask us to use unscented deodorants and shampoos," Johnson said. It's being considerate of other people and their allergies."

Erin Collier, a cosmetician at a Shoppers Drug Mart in Brantford, said there is a right way for people to wear their favourite fragrances without overdoing it. Just spray the fragrance once in the spot where you want it, and don't rub it," she said.

People don't realize spray grounds of a perfume are large, just to get a scent."

Collier also said that putting it in just one spot on your body would be good enough for a while.

Working in the department of the store where a lot of people spray perfumes and colognes made Collier realize that some people including herself are very sensitive to scents.

There is a customer who always comes in and sprays multiple perfumes in herself," she said. The smell is so overwhelming that she can't even tell which scent is which. It's too much."

The school is not planning to follow in the footsteps of hospitals and ban scents altogether.

The memorandum is just a reminder that some people are allergic to strong fragrances and that we should all be considerate of other people in the school.

Collier did have one suggestion to try and help make this a situation that everyone can deal with.

"To help solve this problem I think the students should wear body mists," she said, nodding her head firmly.

"Body mists are not too overpowering and they don't last as long as perfumes but they can be smelled by you and people near you, not people with a five mile radius.

(Photo by Carla Kowalyk)

Allergies to perfume can be severe. Conestoga students, faculty and employees are being asked to use their fragrances sparingly.

(Photo by Jason Nee)

Skating circles
People of all ages enjoy a frosty morning skate at the rink in front of the Kitchener City Hall. The 550 square foot rink is open every day for the rest of the winter season.

Come out in the new year to Conestoga's gay club

By RYAN CONNELL

The gay community at Conestoga College is coming out of the closet.

First year journalism student Tom Maher, 25, is working with Conestoga Students Inc. (CSI) to form the first club on campus for gay, lesbian, bisexual and transgendered (GLBT) students.

Maher said it's time to see a club like this start at Conestoga College.

"I definitely want to raise awareness at school," Maher said. "It's another one of those invisible minorities, those populations that you just don't see or hear from. I want to change that."

CSI vice-president of student activities Ethan Miller said the idea of a gay club starting on campus has been long overdue and is "the best thing since sliced bread."

"Going by statistics, they say one in 10 people have a preference for the same sex," Miller said. "To say that there's zero representation at this college from a student level is to say there's a void. That's not a good thing because it tells the people need being what they are and that needs to be changed."

CSI assists in funding new clubs at the college such as the snowboard club. Through an application process, CSI grants amounts up to $800 per club over the period of one school year. As well as funding, CSI assists in club promotion with the creation and distribution of posters around campus.

In the past, Student Services has offered a support group for GLBT students that allowed students to seek counselling or network with others. The group only attracted five to 10 people.

Student Services counsellor Barb Kraler is hoping that by changing the group into a CSI funded club, it will bring more exposure to the gay community on campus and show how mainstream the lifestyle has become.

It has been important historically by having it come out of the counselling office because it's a safe environment," Kraler said. "I'm quite happy to give up the leadership of that to the students. That's always been my hope that it would someday go that way."

A project the club will be starting in the new year is a comprehensive resource website, that talks about the GLBT lifestyle in the Kitchener-Waterloo area with listings and information for things such as gay-friendly restaurants, support groups, books and same-sex parenting.

A message board might also be available on the website, but for the time being, Student Services will continue to offer the GLBT message board for students on the Conestoga College website at www.conestogac.on.ca.

To access the message board, users must click on the Student Services Resources link, then on the Student Services link and then on the GLBT message board icon.

Students are encouraged to chat on the message board and are invited to post if they wish to help with the new club.

Maher said she is not worried by the negative homophobic reaction that the club might create once it's formed.

I expect there to be some sideway glances, but I think everybody in the group is in agreement that this is about visibility," said Maher.

"We're not willing to hide any more and we're coming out publicly so accept us. If people don't want to accept us, that's their problem. I'm not afraid.

No-show teacher upsets class

By TIM MURPHY

A no-show teacher has triggered some students in the telecommunications program at Conestoga College.

Students in the program say they feel they are not receiving their full education because their professor has been absent for more than half of his classes due to serious medical problems.

"He's missed more than he's shown up for. So in the 13 or 14 weeks we've had him he's probably shown up about four or five of those weeks," said Ritchie Morgan, a 21-year-old fourth year telecommunications student.

Ian Roslake, a 24-year-old telecommunications student, kept track of the missed classes as time progressed. In Digital Telecommunications, of 80 hours, 64 were missed. In Telecommunication Devices, of 47 hours, 30 were missed.

Students in the course said they felt uninformed and that a substitute teacher should have been brought in to cover the missed time.

We initially didn't see him until the third or fourth week of school, Morgan said. "We have two classes that he teaches, which total six or seven hours of class that he's supposed to attend."

Morgan said his class has sent letters to the head of the technology program but nothing has happened.

"We're missing a lot of information that we should be learning before we graduate. It's our last year so we want to get as much as we can."

Due to privacy issues the reason for the professor not coming to class could not be discussed during an interview with Mike McClements, assistant vice president of the schools of engineering and information technology.

"I can't say anything other than it's medical and it's quite serious," McClements said.

"It looked like it was going to be resolved in a relatively short period of time. We didn't contemplate that this was going to be an ongoing or difficult issue."

In August, another professor was not available for the full semester due to medical reasons. However, a former teacher from the University of Windsor was hired to do the job.

"In a field that's already difficult to find people we had one situation we were able to fill. This situation I didn't become aware of until the first day of the semester," said McClements, adding because the college is a mid-sized school all of the full-time teachers are completely assigned.

So when one teacher is away, a lot of shuffling of resources takes place.

"In most cases these teachers are experts in their particular field and we have few options in that," he said.

McClements agreed that students should not be missing classes and said that the college is doing its best to make up lost time.

"It's for some reason all the learning outcomes weren't met in all the prerequisite classes, a discussion among the teachers would determine where this class fits off," said McClements.

He said the teacher in the post-requisite class may have to start at a different point in order to make sure there are no gaps.

He suggested there may be some additional hours added in the winter semester for students to make up lost time.

"It will be a question of examining it (student timetables) and seeing what changes we can make that will be of maximum benefit for the students."

McClements said for the second-year students the college is considering making a portion of the fall course available in the winter semester so that students will have a second opportunity to study the material.

"With the third-year students any additional time that we put in place is certainly more expensive for the college because we have to have teachers to do that, but that would not be an expense that the students would see," he said.

"It's not quite as simple as saying, 'We'll just add a bunch of time.' There's teaching, there's timetabling, and there's also the recognition the students have a pretty heavy schedule."

(Photo by Jason Nova)

Food and fun!

Shoppers browse the Christmas market at Kitchener City Hall prior to Christmas. The Christkindl Market is a traditional German market featuring crafts, food and entertainment.

Jane Doe disbeliever in legal system

Victim of rape was victimized by police

By DAWN HASSON

She has been raped and abused by Canada's legal system, and today she speaks out against violence against women.

She goes by Jane Doe though that obviously is not her real name. There is a media ban on the use of her real name as well as any publication of her picture. This is because, the man who raped her will be out of jail soon and also because Doe wishes to protect the personal information that was brought into court in her when the man who raped her was on trial.

Approximately 40 students heard Jane Doe's story in the Sanctuary at Conestoga College Dec. 4. It was lovely, because this anniversary of the Montreal Massacre, falls on Dec. 6. Conestoga broadcasted a moment of silence throughout the college on Dec. 4 to commemorate the massacre.

On Dec. 6, 1989, 25-year-old Marc Lepine burst into an engineering classroom at L'Ecole Polytechnique. He shot 14 women both in the classroom as well as in the hallways of the school before shooting himself with the automatic gun he used. Lepine referred to the engineering students as feminists women who he blamed his problems on.

In remembrance of the Montreal Massacre as well as the continuing problem of violence against women the engineering society and the Women's Centre held a candlelighting ceremony Dec. 4 at St. Jerome's University.

As another part of Conestoga's remembrance, Conestoga Students Inc. (CSI) invited Jane Doe to come to the school.

"It is Dec. 4 today, and in two days we will have a national day of mourning to commemorate the woman who were murdered in Montreal. Women who were murdered because they were women, and for no other reason," said Doe.

In Ontario, three women are murdered every month. The shocking part is they are killed by men they know.

So while we think that the murder of women doesn't happen much it keeps on going. In fact, it's, dunno, but we're just not paying much attention," said Doe.

Doe has an understanding of violence against women first-hand. She became the fifth known woman raped by the serial balcony rapist. He attacked her in her home in the Church-Wellesley area in Toronto. Like the other victims, the balcony rapist climbed to the third floor balcony of her apartment.

According to Doe, the Metro Toronto Police had a profile of the type of women he targeted. Doe was single, white, dark haired and she lived in a second- or third-floor apartment.

The man who raped Doe was caught after she phoned the police. The trial took place in 1987.

"I experienced the legal process as a second assault," said Doe.

She went through a period of turmoil when the police made light of her physical injuries during the trial. Since her injuries were minor, the rape was construed as non-violent. Police not to also get records of any past sexual abuse, whether Doe had been in a mental institution or whether she had a past criminal record. All of the information could be used against her in court.

"The crime of rape is not like any other crime and it should not be treated as any other crime," said Doe. "It sets the rapists free."

Only a meagre four per cent of reported rapes result in conviction and few women actually report it. "The situation for women who experience rape and sexual assault is worse than it has ever been," said Doe.

Doe is a firm disbeliever in Canada's legal system. In 1998 she sued the Metro Toronto Police. She launched this suit after discovering that the police knew of the rapist's existence but had decided not to warn women living in the Church-Wellesley area in hopes of catching him.

She did end up winning the case, but describes her victory as incomplete.

"As a result of it, it is now possible for anyone to hold the police accountable in a court of law that is—to sue them, for negligence and discrimination in the investigation of a crime," said Doe.

But this is not all she wished to accomplish.

"The illusion of Jane Doe is that institutions of policing and the legal system now treat the crime of rape differently in that changes have been made in the treatment of women who file charges," said Doe.

Her answer is simply this. "They have not."

It is no secret that Doe has lost faith in Canada's legal system.

"All I won was the right for anybody to sue the police—she said.

Doe has a lot of ideas on how to make the legal system more accustomed to victims of rape, especially since the conviction rate is drastically low.

"We need more support services," said Doe, who thinks there should be more women's services available as well as services for convicted people when they get out of jail.

When the man who raped me gets out of jail he'll have nowhere to go, no job, and no one helping him to get anywhere," said Doe. "What do you think he is going to do?" The answer is plain and simple. He may reoffend.

According to Doe, more prisons and longer sentences do not work. She is a firm believer in support services.

Also, women who go to court over rape must have a lawyer, she said.

Following her rape Doe said she didn't move from her Toronto home. "I wasn't going to be forced out of my home," she said. However, she lives somewhere else now, having moved to a new place in Toronto a few years ago.

Events programmer says farewell to CSI

By JAMES DOYLE

A CSI employee who was known for his colourful shirts and high energy has resigned.

Judy Andruszkiewicz, who served as CSI events programmer handed in her resignation Dec. 7. As well as serving as events programmer, Andruszkiewicz was vice president of academics in 2000-01.

Andruszkiewicz, who graduated from the journalism print and broadcast program said that although he was sad to leave, the time had come for a change.

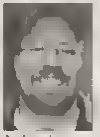
"I'd been at CSI a long time, almost three full years and it was just time to go and find greener pastures."

Andruszkiewicz added that since he started school in 1995 he never really got a chance to relax.

"I've never taken more than a couple of weeks off. And even then, when I was taking my spring unpaid time off, I was thinking about school or work or what I'd never taken time off. So I'm going to take a couple of months just to relax."

During his time with the CSI, Andruszkiewicz helped bring the organization out of a $70,000 debt in 2001. Andruszkiewicz said he was also proud of his efforts to bring student life back on campus.

He said that he knew this year was going to be his last with the CSI and after numerous discussions with Judy Dusick, the CSI general manager, they both decided that leaving now was better than later.



Andruszkiewicz

"Instead of having a long two or four month goodbye, it was just goodbye," he said.

Justin Falconer, CSI president said Andruszkiewicz was a valuable member of the CSI during his time with them.

"His contribution, I think, from everything to vice-president of academics all the way to an employee has been significant. He always had the best interest of the CSI in mind."

Falconer said the vacant position will be filled but not until the CSI can define the role of events programmer. He added that no activities will be cancelled due to the departure of Andruszkiewicz.

(Photo by Jeff Heuchert)

O Tannenbaum!

The CSI Christmas wish tree stands near the stairs to the cafeteria. The tags on the tree represent a child and what he or she wants for Christmas. Students were able to buy a present for a child.

Conestoga students have mixed feelings on CSI events

By BRYAN MARTIN

Conestoga Students Inc. (CSI) is responsible for providing entertainment for students throughout the year.

Students pay for it and the CSI delivers it.

There has been controversy regarding the events and whether they are doing the right things with our money.

The CSI has had some successful events that pack the Conestoga College Sanctuary but have also thrown events that fail to draw a dozen people.

The events at lunchtime usually pack the Sanctuary because it is during school time, they are free and many students go there anyway because it's the most comfortable place to eat lunch.

The events at night are not nearly as successful.

They usually cost money and many students have gone home for the day and don't feel like returning to school.

Brad Fritz, a second year computer analyst student said he likes the events during the day but it would take a lot to make him come to the ones at night.

> "It's just so repetitive with comedians all the time and that sort of thing"
>
> *Mark Fox, broadcasting graduate*

"It's great during the day to be able to eat lunch and be entertained. I hope in 2004 more of the Sanctuary will continue," said Fritz.

Brandon Heyer, a second year architect student, said he enjoyed the lunchtime comedians but has never attended a nighttime event.

"I would go to an event at night but nothing has really appealed to me yet," said Heyer.

Kelly Phippen, a first year marketing student, said she has enjoyed the events the CSI has offered and hopes there are plenty more to come.

"At my old high school there was never anything cool going on so anything here is a bonus," she said.

Mark Fox, a graduate of the broadcasting program at Conestoga who is now a DJ, said he never went to any of the events.

But he felt things could have been better.

"It's just so repetitive with comedians all the time and that sort of thing," said Fox.

"The CSI should throw bigger events – just not so often. They should advertise the events in advance and try to create a buzz throughout the student body."

(Photo by James Doyle)

Ethan Miller, CSI vice-president of student activities, gives a speech at the support staff banquet on Dec. 5. Conestoga College President John Tibbits and many others came out to honour all the support staff's hard work. Support staff include custodians, librarians, cafeteria workers and the people in the registrar's office.

Support staff banquet a huge success

By JAMES DOYLE

Thank you.

That was the message at CSI's first support staff banquet held at the New Dundee Community Centre, Dec. 5.

The event, which was completely funded by the CSI, was the brainchild of vice-president of activities Ethan Miller.

Miller put on a similar event while at high school and wanted Conestoga support staff to be appreciated.

"It changed the whole atmosphere of the school after it was done, and I think it's something that would be very positive for the college as well."

The dinner got under way with a rousing speech from Miller. He was able to set the mood of the entire evening with glowing thank yous for seemingly everyone in attendance.

"I love that guy," was Miller's favourite comment.

The night saw the likes of Dr. John Tibbits, Conestoga College president, and Fred Harris, chief registrar, join the CSI and students to show their appreciation for what the support staff does day in and day out.

Support staff include custodians, librarians, cafeteria workers, the people in the registrar's office and anyone else on campus who is not directly involved in teaching students.

Volunteers offered their services by helping to serve food and drinks.

They also ran a coat check and sold liquor tickets.

A 50s and 60s style dance was held after the dinner.

Commentary

2003 was a hard year worldwide

A war, a virus a blackout and two diseases
What do they all have in common? They all happened in 2003

As U S and British soldiers were invading Iraq in March Canada smartly decided to sit it out while dealing with its own problems The main concern for our country was the SARS crisis, which crippled Toronto and caused the number of tourists visiting the city to plummet

By the spring health officials believed they had the virus in check, but shortly after it reared its ugly head one more time Since those last reported cases, Canada has been SARS free and Toronto has vigorously tried to attract visitors back to the sprawling metropolis

Ironically, it took longer for Canada to rid itself of the virus then it did for the U S to take over Iraq

The U S search for weapons of mass destruction in Iraq did not produce anything significant After the war, the rebel attacks on U S and British soldiers claimed more lives then the initial battle itself But the media would rather focus on George Bush shaking the soldiers' hands, instead of showing all the coffins arriving back in their country

As the year progressed Canadian beef farmers were slammed when the U S closed its doors to our meat, after a single case of mad cow disease was found in one Alberta breeder-cow

No other cases were detected, but the isolated incident was enough for the border to remain closed to the beef, severely hurting Canadian meat producers

Then on Aug 14 the lights went out. A blackout that was blamed on a power generating station in New York, shut off power to more than 10 million residents in Ontario and to parts of the U S In some areas it took almost a week to fully restore the electricity

When the lights came back on, we eventually had a new Ontario premier in Dalton McGuinty and our Prime Minister Jean Chretien announced he was leaving politics, allowing Paul Martin to fill his shoes

Throw in the West Nile virus, debates on legalizing marijuana and the approval of gay marriage, and the year is pretty much complete

But what does 2004 have in store?

Maybe the conflict in Iraq will end, maybe we'll have a SARS-free winter and maybe our new government will protect us from power outages and reduce our hydro rates

But no matter what happens, one thing is certain We are in for another long, cold winter

My New Year's resolution was to learn how to skate I think I'd better learn to walk first!

A kinder, gentler world

Jeff Morley

Opinion

I will ask for your forgiveness in advance, but I may go on a rant here A year has gone by but the world isn t any better for it.

American troops still occupy Iraq Civilians and coalition troops die every day and for now there doesn t seem to be any end to the conflict in sight.

Maybe this year, people can try to be a little nicer Open the door for someone, give a friend a hug, or buy a homeless person a coffee or sandwich

Afghanistan continues to flounder in poverty and those loyal to the Taliban still put up persistent resistance The country has only received a fraction of the aid it was promised by the developed countries of the world

In 2003 it looked as if the world would make progress in decreasing greenhouse gases However the majority of developed countries have either refused to ratify the accord or have failed to meet its goals The United States Australia and Russia have all refused to ratify the accord. Most of Europe will not meet the accord s goals and countries such as Canada, are preparing to abandon the accord if need be

Nigeria and other countries in Africa continue to wallow in poverty and fight a losing battle against AIDS Currently one in 10 Africans are afflicted with AIDS and the virus is still spreading

At home, Canadian people continue to live their apathetic lives Kids are killing kids Poverty levels continue to rise The homeless continue to live on the streets and Canada s bourgeois steps over or around them Manners are all but gone, and genuine kindness seems to be harder and harder to come across

Maybe this year people can try to be a little nicer Open the door for someone give a friend a hug, or buy a homeless person a coffee or a sandwich Read a book, volunteer or give to charity Take the time to look at the sky or a painting Appreciate life and the things around you. Do your part to make the world a little nicer, a little gentler Have a happy New Year

Letters are welcome

Spoke welcomes letters to the editor Letters should be signed and include the name and telephone number of the writer Writers will be contacted for verification
No unsigned letters will be published
Letters should be no longer than 500 words
Spoke reserves the right to edit any letter for publication
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Future expansion at the recreation centre?

By DESIREE FINHERT

The recreation centre's manager and director would like to see it expanded

Paul Osborne says there are lots of things in the back of his mind that he would like to see added to the sports and fitness building located at the west end of Conestoga College's Doon campus

"We don't have enough storage because the building was built in an era when 2,500 students may have used it" said Osborne "Now we have more than double that"

The number of students using the rec centre has increased to approximately 6,700 because of several factors including the double cohort

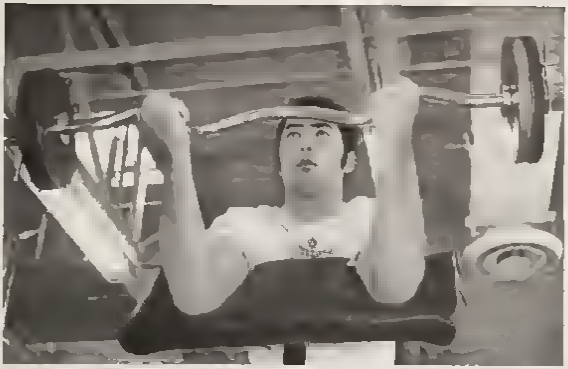
"We're feeling the crunch with all the new students" said Osborne who is also the radio station manager and the marketing director at the college

He said the dramatic increase in the building's use is partly because the gymnasium is now being used as a classroom

In January the gymnasium will become a primary learning facility for the paramedic fire and police foundation programs because a high fitness level is a graduation requirement

Osborne said it wasn't too long ago that the gym sat empty most days in winter only being used in the evening for intramural and varsity sports

"With the paramedic fire and police foundation students here all the time it will be great to have some faculty offices off the back of the gymnasium" said Osborne "And maybe a couple of classrooms"



(Photo by Tim Murphy)

A student enjoys the new fitness equipment at the rec centre which was installed last year Manager Paul Osborne says the double cohort is one reason for the dramatic increase in use

Osborne said he knows he will have to be patient because there are no construction plans even though he feels the increase in the building's use gives him a strong case

He would also like to see a physiotherapy clinic added to the rec centre which may be a source of revenue for the college

"When you're adding offices classrooms and generating revenue for the college it starts to pay for itself and this makes it less far-fetched" said Osborne

Last summer the college installed a new multi-purpose floor in the gymnasium and renovated the ice rink and the Over Time Sports Bar A student survey inquired what students would like to see in the fitness room and subsequently new fitness equipment was bought

Osborne said the fitness centre on the second floor is always packed after school and that it continues to draw more students all the time since the equipment has been upgraded

"We view fitness as an important part of college life A healthy student and a healthy faculty make for a more productive working situation

Access to the rec centre is free for students with a student card.

It was the $12 ancillary fee paid for by the students which contributed to the purchase of new fitness equipment

The contract Conestoga Students Inc (CSI) signed with Conestoga College in June 2002 extends until 2007 which gives the rec centre time to make further renovations

Vice president of student activities Ethan Miller said over the past couple of years the ancillary fee amounted to $75,000, which was given to the rec centre in a lump sum.

"I decided that above and beyond that we would provide them with $9,000 for equipment"

Miller said he is confident that the $84,000 went to the best place and that CSI plans to keep working with the rec centre to make it the best of all of the colleges in Canada

The money went to new television sets in the fitness rooms pillows, women's showers and extended hours During the school year from September to April the rec centre is open 7 a.m. to 11 p.m. Monday to Friday and 7 a.m. to 8 p.m. Saturday and Sunday

The most expensive items purchased for the rec centre were a leg press ($3,091) a lat pull ($2,020) and a Smith machine ($1,791) The rec centre also bought a calf press and weights spending a total of $8,821 from $10,7 million in the week Oct

A second purchase was made from Home Fit Exercise Equipment and consisted of mostly dumbbells and stretch cords totalling $993

Miller said if the money is there you can't go wrong funding student athletics but now the rec centre is up to the others in equipment

"They don't have room for any more equipment unless they start to rearrange what they do have" he said "I think the next big move is to go for expansion"

Osborne explained that the rec centre was always a distant part of the campus but the addition of E wing and the adjoining ramp has made it more accessible and that there is room to expand east of the rec centre towards the college

Approved rec centre improvements include a new sound system to the fitness room which will be installed just after Christmas and more dressing rooms

COUNSELLOR'S CORNER: *Goal-Setting*

I used to make New Year's resolutions that generally didn't last past January 10th. It's that fresh feeling of having a chance to solve problems, achieve new heights and challenges that encourages us to set goals. As the new year begins, we are often excited with our good intentions for positive change, despite past resolution failures

My experience at a workshop about change helped me to recognize why my New Year's resolutions never worked. I didn't need more motivation; I needed smaller goals, or at least my long-term goals needed to be organized into easily manageable steps. Many of us tend to set goals that may be out of reach ("This semester, I'll get all A's"). As a result, we feel let down, frustrated, even powerless when the first disappointing grade appears.

Instead, a long-term goal, such as "I want my grades to improve this semester" is more attainable. A step-by-step approach might include: attending all classes, with only sickness as an exception, staying ahead by doing textbook reading prior to class, and seeking help when necessary from faculty or a peer tutor. The latter are smaller, achievable goals that will almost assuredly lead to higher marks

Set goals for yourself that are realistic; achievable and measurable. Failure saps confidence and motivation. Success builds confidence and motivation

A Message from Student Services

Flu bug hits hardest in January

By JENNIFER HOWDEN

Influenza or the flu is spread person to person by droplets that have been coughed or sneezed through the air

So you can imagine how fast the flu can spread in a building with more than 600 people like the Conestoga Residence and Conference Centre.

According to Health Canada's website, the flu is a common respiratory illness that affects 10 to 25 per cent of Canadians each year

You can get the flu by breathing in these droplets through your nose or mouth, or by the droplets landing directly on your eyes

The flu virus is also located on the hands of people with the flu and on surfaces they have touched

You can become infected if you shake hands with infected people or touch contaminated surfaces and transfer the virus to your own eyes nose or mouth

It is easy for people to confuse a cold with the flu A true case of influenza typically starts with a headache chills and cough, which are followed rapidly by fever loss of appetite muscle aches and fatigue runny nose sneezing watery eyes and throat irritation Most people recover within a week or 10 days.

Flu season in Ontario is usually from October until April but the peak month is January

Students in residence say they are doing their best to avoid the flu

Broadcasting student Kathy Carr says she tries to avoid germs especially after getting the flu last year

I don t carry Lysol around with me but I am extra cautious" she said.

Broadcasting student April Kimble says she avoids the flu by keeping her hands clean and germ free

"I wash my hands as often as I can to reduce the chance of getting the flu" she said

General business student Susan Martin agrees with Kimble

"One of teachers told me you have a 70 to 90 per cent chance of getting the flu if you don t wash your hands so I wash my hands quite often she said.

Kimble and Martin are on the right track Keeping your hands clean is one of the best ways to avoid contracting the flu However not everyone does it properly

To properly wash your hands you must first remove all your rings. Then you rinse your hands under warm water to wash away any loosened microorganisms

Next use soap to cover all surfaces of the hands and fingers for about 10 seconds Don t forget the frequently missed areas like the thumbs under the nails and backs of fingers and hands Rinse off the soap with warm water

Finally dry hands with a hand dryer or single use towel Reusable towels should be avoided because of the risk of the potential of infectious contamination. Also you should turn off the tap with a towel to avoid re contamination of your hands

Another way to reduce your chances of getting the flu is by getting a flu shot

Flu vaccines have been around since the 1940s The vaccine is made from fragments of inactivated influenza viruses grown in fertilized hens eggs and then purified The flu viruses are capable of changing from year to year so the composition of the vaccine has to be updated annually This is why it is necessary to be immunized each fall

According to the Health Canada website nearly 10 million doses of flu vaccine were distributed in Canada during the 2002/2003 flu season

After you get a flu shot, your immune system produces antibodies against the strains of virus in the vaccine The antibodies are effective for four to six months When you are exposed to the influenza virus the antibodies will help to prevent infection or reduce the severity of the illness.

Also avoid people who have the flu to reduce your chances of getting it

If you do end up getting the flu you should increase the amount of fluids you drink and get plenty of rest for seven to 10 days There are also new medications to treat influenza If you take them within 48 hours of the start of your symptoms they may reduce the length of your illness by an average of one or two days

Sleep: more precious than you think

By KRISTEN MCMURPHY

Your brain is probably full of commitments School work friends and family have no problem squeezing every last second of free time out of your hectic schedule

It seems like there is always so much to do and so little time. Slowly but surely you fall behind on sleep

There are obvious downsides to sleep deprivation, such as dozing off in class or not feeling in the best of moods. However lack of sleep can get a lot more serious

Dr Michael J Breus of the American Board of Sleep Medicine has written many articles on sleep and its importance He outlines the several risks of not getting enough sleep

In one of his articles found at www.sleepcenter.com Breus says that reducing sleep by one more hour and a half can lessen your alertness during the day by as much as 32 per cent Lack of slumber can affect job performance and school work but it also has more serious penalties driving while tired risks not only your life but the lives of every motorist around you

In fact the National Highway Traffic Safety Administration estimates that lack of sleep is responsible for at least 100 000 automobile crashes 71 000 injuries, and 1,550 fatalities each year

Not getting enough sleep can take its toll on your health too Heart attacks high blood pressure depression stroke and obesity have all been linked to inadequate sleep

Combined research studies detect once that an average adult needs around seven hours of sleep per night If you're not getting anywhere near this much sleep you should look for a way to change your sleeping habits

On www.canoe.ca Stanford University s sleep disorders site provides some tips on improving your sleeping patterns

Try to accomplish as much as you can during the daylight hours Most people just want to relax after dinner and this causes them to push work aside for later When later comes and the work needs to be done sleep is sacrificed Getting things done during the day allows for time in the evening to relax and time for sleep

For a good night s sleep avoid caffeine nicotine and alcohol before going to bed It s not healthy to sleep on a full stomach but don t go to bed hungry because you won t be able to sleep

Some researchers think tryptophan a chemical found in milk naturally induces sleep so try having a glass before bed

The claim says that daytime napping is OK, but should be kept to a minimal — a nap longer than 30 minutes will most likely leave you more exhausted than you were before you slept.

Most importantly if you do have time for enough sleep but you're just having trouble sleeping see your physician about insomnia and other sleeping disorders You ll be glad you did once you start to notice the difference a good night s sleep makes.

(Photo by Kristen McMurphy)

The importance of sleep is commonly underestimated. A lack of sleep can lead to serious health problems

Grad one of two women hired by security

By DARREN SMITH

When Conestoga s chief security first came to the college, no students were being hired for any programs for security work Al Hunter said this might have been the case because of concern regarding access to critical information or other sensitive materials like exams However he disagreed with this policy

If we don t have confidence in our students" said Hunter "how can we expect anyone else to?

He started hiring students five years ago on a part time basis and he s had good results

He believes it s beneficial having students work here as they have knowledge of the campus people from outside the college don t.

Some of the skills students learn while working at the college are conflict resolution report filing and investigation skills

It gives students the opportunity to put into practice the things they've learned in the program," said Hunter

Security recently hired Shannon Carey and Patrina Ross.

Patrina Ross graduated from Conestoga s police foundations program in May As a student she worked with Group 4 for about 14 months including 10 months of weekend work at the college In May she was hired full-time but continues to work weekends with Group 4

Group 4 is a security service company supplying contract workers to help Conestoga s full time security staff

Conestoga security at Doon oversees the 16 to 20 Group 4 employees at the Doon Waterloo and Guelph campuses The number of contract employees varies depending on the time of year

Ross is interested in becoming a police officer but is not sure what type of field to get into

Security is a good background for police work" she said.

Her duties include interviewing people, and taking statements She is responsible for making decisions on the afternoon shift when Hunter is absent

Ross is filling in for an employee who is on sick leave and is not sure how long she ll be at the college It s not known if there will be a full time position for her

I took a five week contract" she said "Beyond that I m not sure"

She is excited to be working with security and considers it a great learning experience

Shannon Carey was hired by the college full time on Nov 16. She started working at the college Dec 5, 2002 as a contract worker with Group 4

Carey has a bachelor s degree in criminal justice from Florida International University

She has received training on the various security computer programs interviewing techniques and things relating to the student code of conduct

She is responsible for handling some student code of conduct issues and deals with false permits

She hopes to learn all she can about investigation techniques and wants to become a police officer working in narcotics

"I want to be in the OPP and go north" said Carey "I would love to live in a small town.

Hunter said it takes a person with really good people skills to work in security and only one in 10 are chosen.

"We're looking for special skills here" said Hunter. "This is not an industrial setting

He said he is fortunate to have women on security as it provides a better representation of the college community

The number of females getting into this field has increased, he said adding, many women were in support roles like dispatch operator or technicians Now they're more visible on the front line.

Hunter expects both Carey and Ross to provide direction and guidance in his absence to the contract workers if required. He said they are the college s representatives in his absence

Future soldier predicts world's end

By MIKE WILSON

What was on your list of New Year's resolutions this year? Stop smoking? Lose weight? You may have wanted to include hoarding food and learning to use firearms because this year could be the beginning of the end of civilization as we know it.

That is according to someone on the Internet claiming to be a soldier from the year 2036.

You're probably skeptical now. Maybe you're laughing. But John Titor's story is one that has attracted a lot of attention. If it's not true that at least it's well written and entertaining. His writings are chronicled on johntitor.com.

According to his posts in Internet forums a civil war will start in the U.S. sometime this year or next. By 2015 we can expect this to escalate into not all out nuclear war starting with Russia striking the United States first because of its aggressive government.

"In 2015 Russia launches a nuclear strike against the major cities in the United States (which is the other side" of the civil war from my perspective). China and Europe. The United States retaliates. The U.S. cities are destroyed along with the AFE (American Federal Empire). Thus we (in the country) won. The European Union and China were also destroyed. Russia is now our largest trading partner and the Capital of the U.S. was moved to Omaha, Nebraska" said Titor in one of his posts.

With the U.S. unable to support Israel, countries in the Middle East will begin to invade and they will deploy their nuclear warheads.

Finally, China will capitalize on the situation by expanding its borders. Now it is officially the Third World War.

If Titor is a scam artist his is a ball games.

Off in a lot of your hand. Can you tell me it is raised in Atlanta this fall last year? Did you think time travellers carry a sports relic with them?

So why is he trying to stop the impending war?

Consider this. You are a time traveller who wishes to go back in time to 1934 to meet your grandparents live close to Paul Harbour in Hawaii. Just imagine you can't stop the war but you may be able to help them prepare for it. Strangely Dec. 7 comes and goes with no sneak attack. As the war in Europe rages on Japan fails to join the Axis powers. There is no war in the Pacific and the United States remains neutral. China you watch as Germany begins to develop the atomic bomb all by themselves."

Titor also talked about what life will be like in 2036 after the war.

People raise a great deal of their own food and do more "farm" work. Yes, compared to now we do work long hours. After the war my father made a living selling oranges up and down the west coast of Florida. My closest friend raises horses and another works for a company that maintains wireless Internet nodes."

The Internet is still around in Titor's world. Also after the nuclear attacks, all the phones are running through Internet networks. Solar power is much more common and we have a hydrogen car.

Titor goes into some paradoxes of time travel too. Strangely there really aren't any. He could kill his grandfather in the past and still be alive in the future. The trick is "worldlines." He doesn't really go back in time, he just sort of slips over to another alternate reality.

He says in this worldline he notices that news events sometimes happen at different times and different times will win football games (more reason not to start predicting outcomes).

A civil war will start in the U.S. sometime this year or next. By 2005 we can expect this to escalate

WAR PREPARATION

So what should you do to prepare for the coming war? Titor has a few tips:

1. Do not eat or use products from any animal that is fed and eats parts of its own dead.
2. Do not lose or have intimate relations with anyone you do not know.
3. Learn basic sanitation and water purification.
4. Be comfortable around firearms. Learn to shoot and clean a gun.
5. Get a good first-aid kit and learn to use it.
6. Find five people within 100 miles that you trust with your life and stay in contact with them.
7. Get a copy of the U.S. Constitution and read it (obviously aimed at Americans).
8. Eat less.
9. Get a bicycle and two sets of spare tires. Ride it 10 miles a week.
10. Consider what you would bring if you had to leave your home in 10 minutes and never return.

(Photo by Lesley Leachman)

Some like it hot

A vendor demonstrates blacksmithing techniques over a fire at the Christkindl Market. The market was held at the Kitchener City Hall Dec. 5 to 7. There were more than 90 vendors selling everything from iron creations to handmade toys.

Avoid identity theft

Precautions should be taken when shopping online

By REBECCA LEARN

An identity thief can quickly steal your whole life away.

But there are many ways to protect yourself that can be implemented every day.

"You see a lot of people carry 10 credit cards in their wallet. They may have a whole book of cheques and they carry unneeded identification on them," said Det. Jim McCaffery of the Niagara Regional Police fraud department.

"Carry the bare essentials. That's all you need, so if something goes missing you only have certain things you have to take care of."

McCaffery said. "There's no need to carry a whole book of cheques on you," adding, "There's no need to carry your birth certificate either. So your day to day course, what do you need your birth certificate for?"

A Microsoft Network (MSN) money article on protecting yourself from identity theft suggests also "keeping a list of credit card numbers and company telephone numbers in a safe place, so you can cancel them quickly and easily if they are stolen or lost. Just be careful where you leave the hard copy."

The article explains there are two types of identity fraud. The first is debit card theft, which directly impacts a bank account and the second is complete identity theft where someone can assume a credit identity for years or even decades. Everyone should also be careful what they put in their garbage, McCaffery said. "Everything should be shredded, there should be nothing just put in the garbage. There are individuals who will check through your garbage to assume your identity."

He said to take a look at what you put in the garbage and consider how it can be used by other people. "It's quite amazing what we just put out without any thought to it."

A determined identity thief can also photocopy information legally. Transcripts of divorce cases, which include financial information and social insurance numbers are part of the public record according to the MSN article.

"Protect your private information rigidly," said McCaffery. "Become an educated consumer. That's the best advice I can give."

One must also be careful when shopping online. Unless you are extremely computer savvy, I wouldn't do it," he said.

"There are too many people out there taking advantage of people who are shopping on the net."

According to a Canada NewsWire article on Internet fraud, When conducting transactions online, ensure you are visiting a secure Web page. Check for a small padlock icon on the bottom corner of the screen.

The article also reminds people to do online business only with companies they know and trust. Also remember people in cyber space are not always what they seem.

The Canadian Broadcasting Corporation (CBC) did an in-depth consumer report with identity theft protection tips. Some ideas they had, which are different from the ones McCaffery mentioned are: 1) don't leave ID in your vehicle, 2) remove mail as soon as possible, 3) avoid keeping a written record of personal identification numbers and computer passwords, 4) choose difficult passwords and 5) pay attention to your billing cycle and if something is late call the company.

McCaffery said a good way for someone to know if they have become a victim of identity theft is to "have a credit check done on yourself once or twice a year." This way it will be visible if there are any strange transactions on your credit record.

If someone finds out they have become a victim, "You have to work with the credit agencies to prove you have become a victim of identity theft," he said adding. It's going to take an average of a non plus of hundred hours to get your identity back."

McCaffery advised a victim will basically have to cancel everything and start over with the assistance of the different credit agencies.

Laying the smackdown in words

By JASON SMITH

After 18 years as a journalist the dream of every writer has become a reality for Kitchener native Greg Oliver.

Oliver 32 has found his own perfect mix of profession and passion with the release of his book The Pro Wrestling Hall Of Fame: The Canadians.

Like many successful writers Oliver found interest in his craft at an early age. He recalls writing his first piece – a novel he wrote with a friend in Grade 7.

"I knew I loved to write" said Oliver. "I enjoyed it at an early age and I just followed my dream."

Growing up in Kitchener he spent his high school years attending Grand River Collegiate Institute. It was there that Oliver's talents were noticed and whether he knew it or not his career began to blossom.

While still attending high school in August 1985 Oliver began to publish the Canadian Wrestling Report. The report which was a small newsletter was normally three or four pages long and eventually found its way across Canada and around the world.

Oliver attributes his inspiration for the newsletter to "Hulkamania" and the WWF of the mid '80s.

"Everyone was talking about it at school so my brother and I got into it too" said Oliver. "We had a newsletter program on our Apple II and played around making a newsletter. My dad sold it couple at his office, I sold a few at school and we were off."

Oliver said the newsletter was a great experience in many ways. He said it helped him in a business aspect and allowed him to make important contacts as well as meet and interview many pro wrestlers including, the British Bulldogs, the Road Warriors, Ivan Koloff and Angelo Mosca.

The newsletter also gained him coverage in The Record. The local newspaper did two stories on the Canadian Wrestling Report, which coincidentally led to an employment opportunity for the young writer.

Oliver worked nights at The Record covering sports for a year. Eventually the hours caught up to him and it became impossible to juggle school work and eight hours of work at The Record on a daily basis.

However that didn't stop Oliver. He graduated from Ryerson Polytechnic University in 1993 with a bachelor of applied arts in journalism and found immediate work with the Toronto Sun.

Oliver, who now resides in Toronto with his wife Meredith, found himself working in the library of the popular newspaper beginning in April 1993 during his first summer at Ryerson.

"I was really fortunate" he said. "It was a great place to learn."

He spent five years with the Sun working 13 different jobs throughout the same time period where Oliver was given the chance to move to Canoe in October 1996. Canoe (http://canoe.ca) is an offshoot of Sun Media and is known and respected as a widely recognized Canadian Internet news resource.

After purposely removing himself from the topic while in university working at Canoe rekindled Oliver's interest and passion in the mat wars known as professional wrestling.

Writing for SLAM! Sports, a division of Canoe, Oliver was encouraged by fellow writer John Powell to help take charge of a pro wrestling section on the site.

"Sure wrestling's entertainment and not a legal sport but that doesn't mean it shouldn't get coverage" said Oliver. "At that time there were a lot of people experimenting. Kids were running (now defunct) websites. Many things weren't too legitimate. And here we were, two real legitimate journalists who knew how to bring people the real news and not just rumours."

And so began the Internet legacy of SLAM! Wrestling. Oliver and Powell became co-founders of the department in 1996 and haven't looked back since.

Oliver has many fond memories of his career not only following the big leagues of pro wrestling, but also working with the small-time independent promotions across North America. He has had the unique privilege of writing about and watching young superstars begin their dreams before they became household names.

In one instance he recalls attending an Indy show at a downtown Toronto bar where he watched a young kid from Orangeville by the name of Sexton Hardcastle. On the same night Oliver came across an old writer's notebook that had the very same name in it with the words "could be good if ceiling was higher."

(Internet photo)

Greg Oliver (left) with wrestling legend Killer Kowalski

Sexton Hardcastle, whose real name is Adam Copeland, would later become WWE superstar Edge.

Although Oliver was terminated from Canoe due to downsizing in December 2001 the change of plans would prove to be a blessing in disguise.

Along with the termination, Oliver received a severance package from Sun Media for his accumulated 10 years of employment. With this, the writer now had some free time on his hands. Paid free time.

With this valuable time off Oliver completed what he calls his pride and joy – The Pro Wrestling Hall of Fame: The Canadians.

The book details all of the top pro wrestling stars to come out of Canada – whether fans knew they were Canadian or not. Top names such as Bret Hart, Chris Jericho, Chris Benoit, Roddy Piper, Whipper Watson, Gene Kiniski, Rick Martel, Killer Kowalski, Mad Dog Vachon, Abdullah the Butcher, Edge, Christian, Val Venis, Sky Low Low and many more are profiled.

It only took Oliver three months to complete the text for the book, but he insists his work is the product of 18 years, dating back to 1985 when he was writing his newsletter in high school.

"It's the culmination of my work," said Oliver. "Eighteen years of work put into three months."

Although his book may not be as popular as WWE released biographies such as Stone Cold: Steve Austin's newly released Stone Cold Truth, Oliver said he is proud of his work and believes his book has a much better shelf life.

It's a book for anybody who was a wrestling fan in Canada. It's for grandmas and grandpas who sat in front of the television watching Whipper Watson. It's for moms and dads who watched as grandma screamed in the beds on the television screen. And it's for the kids who are watching today. It's for the stars of today, tomorrow and the past."

Oliver also said he can remember the day his books were delivered to him.

"Throughout the day I found myself walking over and just picking up a book, holding it in my hands. It's like holding your own child in your hands. I'd just pick it up and hold it, looking at it."

Always the consummate professional Oliver made a point of sending a copy of his book to everyone included within. He has received many words of appreciation from several wrestlers, but said the one that stands out the most is a letter that was obviously written on an old typewriter from wrestling old-timer and legend Gene Kiniski.

Oliver also reflected on a message that was left on his answering machine by another legend of the squared circle, Killer Kowalski.

All he said was, "Greg, thanks for putting me over." Those are wonderful feelings. It's priceless," said Oliver.

The popular Canadian wrestling journalist has kept his ties not only with the wrestlers he's served during his career, but with Canoe and SLAM! Wrestling itself, helping to maintain the website and continuing to write.

In the ever-changing world of professional wrestling, one thing that has never changed is Oliver's desire to bring the truth – and the news – to the average Canadian fan.

"I find it fascinating talking to old wrestlers," he said. "They really lived life and had none of the perks that athletes in real sports get. Insurance, regular salary, health coverage, travel expenses. And they tell great stories. Today's WWE wrestlers are well off, but the indy wrestler is much like it always was... just with fewer places to work."

During his career, Oliver shared in a Dmitop Award at the Toronto Sun when he was on the news desk for coverage of a past subway accident. He is very active in his community working as a cub leader, coaching summer soccer and reading to children once a week at his local library. He has also written about a number of other subjects including science fiction, books and sports.

The Pro Wrestling Hall of Fame: The Canadians can be found at any local bookstore.

For more information on Greg Oliver, his book or SLAM! Wrestling log on to http://slam.canoe.ca/Slam/Wrestling/home.html.

CALL FOR NOMINATIONS
for the
AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would you like to nominate a distinguished teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nominations forms, contact one of the following committee members:

2002 Award Winner – Tony Kattenhorn	ext 3213
2003 Award Winner – Nancy Nelson	ext 3724
School of Liberal & Media Studies – Mike Thumell	ext 3223
School of Business – Dianne Kraft-MacDonald	ext 3283
School of Engineering & Information Tech – Rudy Hofer	ext 3271
School of Health & Community Services – Stephanie Futher	ext 3905
School of Trades & Apprenticeship – Greg White	ext 3269
Chair PD – Edith Torbay	ext 3381

Nominations **open** on January 12, 2004
Nominations **close** on March 12, 2004

Astrologyzone.com tells what the stars have in store for us

By CHRISTINA BRAMBURGER

Did you ever wonder what's in store for you this month? Who are you going to meet? What financial situations may you find yourself in? More importantly what are the best days to go out and party?

Do you wonder about that guy you just met? Or does the girl you sit beside in class invade your dreams at night?

There is no better way to find the answer to these questions than checking out www.astrologyzone.com.

Six million people view the eight year old award winning Astrology Zone website each month.

The website is maintained by the qualified astrologer, author, web publisher, columnist, lecturer and teacher Susan Miller. She has written five books with her latest becoming a best seller.

What makes Astrology Zone better than all the other horoscope-related websites?

Each month Miller writes an extensive prediction for each astrological sign. She touches upon love, finance, friendship, work and travel.

Unlike other astrological web sites, the reader does not have to have a masters in the study of the cycle of stars and planets. Important astrological related words are highlighted throughout her writings so the reader can click on a word and get the definition for it. For example many read in magazines about a certain planet entering a house, such as Jupiter entering the sixth house. This might as well be written in a different language for most. But Miller makes sure her readers have a full understanding of her predictions.

You can find out what each planet represents and what each house has in store.

Now for that gorgeous person you're dying to get to know. Maybe you should make a stop at Astrology Zone before you make your move.

Simply go to the matchmaking section of the website and enter yours and your interest's sign. You will find out what the two of you have in common and what topics you may never see eye to-eye on.

You can sneak between the sheets of the time you have your eyes on and find out what their sexual style and desires may be.

You can find out if you two will be compatible before you put any effort into thinking up your opening line.

You are bound to be surprised by the site's accuracy.

Also once you have found that special someone, go to the seduction section and find out what you can do to light their fire.

You've got that man or woman. You've seduced them accordingly. Things have been going well for a few months now.

Uh oh!

Now its time to bury them a present and you have no idea where to begin looking.

Visit the gift guide on Astrology Zone and it is bound to lead you in the right direction.

Are you neable to stick to a work out routine?

This may be because each sign has a different personality and this influences what routine will be easiest to stick with and the most enjoyable for you.

Miller will also emphasize certain parts of the body that may be troublesome for each sign.

Stressed out?

Miller has something for you too.

Go to the Stress Busters page to find out the best way to relax. It is unique for each sign. This is also good if you would like to help someone you care about relax.

Maybe your stress buster up will lead you to look into taking a vacation or maybe you are taking a vacation with the special someone Astrology Zone helped you seduce.

Simply check out the vacation tips and click on the sign of the person you are trying to plan a wonderful time for.

Miller has laid out a variety of places to go and activities to do.

The layout of the website makes readers feel as though they are in a community.

The Reading Room includes a list of books visitors of the website claiet have changed their lives. They share these titles with other readers to lend support and encouragement.

There is a message board on the website for readers to communicate with one another about everyday things. This board brings people with a common interest together to a safe atmosphere.

Miller reminds readers that nothing is carved in stone. She simply states what advantages or disadvantages the planets have in store for each sign. It is up to the readers what they do with this information and how they make it work to their benefit.

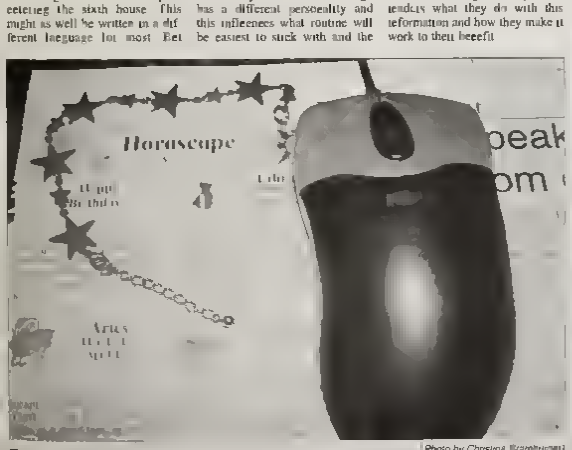


Photo by Christina Bramburger

The award winning website Astrology Zone has a lot to offer people who want an in depth horoscope reading

Horoscope

Week of Dec. 14 - Dec. 20

Happy Birthday!

Libra
September 23 – October 22

Pay attention to rules and think twice before acting. Don't close yourself off from the help and guidance of others. Beware of arrogance. Make friends, not enemies.

Take a step back and look at matters from a different perspective. You might notice that your heart has been ruling you head. Share your thoughts, don't be selfish.

Aries
March 21 - April 19

You're likely to experience difficulties in communicating with others. Let associates lend a hand. Don't get bogged down by the past. Family, friends and co-workers bring answers soon.

Scorpio
October 23 November 21

Your imagination is second to none, so express yourself. Your talents are in demand. Just as you attain one goal another will emerge. Be prudent and confident.

Taurus
April 20 - May 20

Believe in yourself, don't be afraid to take the lead. Dealings with authority figures go well. Answers arrive when you talk things out with friends and lovers. Punctuality really counts.

Sagittarius
November 22 December 21

Pressures are on the rise. Don't take on too much. Learn from the successes and failures of others. Tell your partners your objectives and feelings. Don't be afraid of rejection.

Gemini
May 21 - June 21

Tell the truth or get ready to suffer the consequences. Your friends are wishy washy now. Do your part to say what's real, what's right and what you feel. Let go of the past and turn over a new leaf.

Capricorn
December 22 January 19

Don't believe everything you hear. Beware of impulsive and the white lies of others. Stand firm in your convictions, but know when to swallow your pride.

Cancer
June 22 - July 22

Break an unnecessary habit. Take steps to eliminate unhealthy ruts and routines. Have some of your "friends" been driving you crazy? Don't let yourself get stuck in the expectations of others.

Aquarius
January 20 February 18

Don't let yourself be overburdened by chores and responsibilities. Rise above petty politics. Friends bring support, but it might also help to take a vacation and get away from the daily grind.

Leo
July 23 - August 22

Tender words and sympathy bring the best results. Speak from your heart. A sudden flirtation or love affair is likely. Food and drink become more appealing now, so try not to overdo it.

Pisces
February 19 March 20

Right now you are blessed with good luck on new business endeavours and will receive acknowledgement for a job well done. This is a great time to apply for new work or seek promotion.

Virgo
August 23 – September 22

Don't let your insecurities push you into being a workaholic. Choose well-defined objectives that will bring growth. Slow down and try not to be too money.

Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks

Let's start to be energy conscious

By BRANDI STEVENSON

Hydro has been a hot commodity lately. In the wake of the August blackout and the recent elimination of the hydro prime cap, some Ontarians have become more energy conscious.

Several Woodstock residents have been energy conscious for 14 years. In 1989 Woodstock Hydro started offering a pay as you go option to its consumers. The service was initially offered to help customers handle their debt. The idea eventually caught on in Woodstock attracting people from a variety of income levels. According to an article from www.mining.com 20 per cent of Woodstock energy consumers use this service.

One aspect of the service is the special meter that replaces the regular one. There is also a display unit inside the home so customers can see exactly how much energy they are using at any time and how much it is costing them. Each customer also has a smart card. They can the card to buy power in any amount they want and then insert the card into the unit. In a Nov 3 2003 article written by Colin Perkel for the Globe and Mail, the president of Woodstock Hydro Garry Roth said pay as you go customers have reduced their energy consumption by 15 to 20 per cent on average. Roth said the display unit made the customers more aware of how much energy they were actually using and were able to put a dollar value on it.

But reducing energy consumption should have more than a dollar value attached to it. Coal fire generating stations which supply about one third of household energy are harmful to the environment.

The Ontario Medical Association has said air pollution is a public health crisis. The Ontario Clean Air Alliance said coal fired generators in Ontario are the single largest industrial contributor to this crisis. According to www.ninanai.net coal fired generators produce a number of harmful chemicals including sulphur dioxide which contributes to the haze that looms over southern Ontario. The generators also release cancer causing toxins into the air like arsenic and chromium. In 2002 Ontario Power Generations coal plants produced as much pollution as 5.6 million cars.

The provincial government recognizes how harmful these generators are. The Liberals promised to shut down coal fired generating stations by 2007 in their election campaign. That leaves the province searching for alternative energy production methods.

Several Guelph residents have been using an alternative method since Oct 31 2003. Select Power which is an affiliate of Guelph Hydro is offering wind energy to its customers. For an extra $6.53 a month consumers get 75 kW h of electricity a month from the Ferndale Wind Turbine. Tony Glaser from Select Power said by buying wind energy consumers are diverting their electricity usage from coal. "The wind energy displaces an equal amount of coal," said Glaser adding "So that's less coal that's being used."

Glaser is pleased that wind energy reduces the amount of coal being used. He said the Ontario Medical Association estimates air pollution causes $9.8 billion a year in health care and lost work time costs. He added air pollution kills about 1,900 Ontarians each year.

Even though consumers pay an additional fee on their hydro bill Glaser said they see a return on their investment. He said "It benefits the consumer. In the sense that they are help ng to change the way electricity is generated." He added that although the upfront costs of building a wind generator are higher "coal has a hidden cost. This hidden cost is the damaging effect to the environment. Coal is a polluting and non renewable source," he explained.

Since the official launch of the wind elements program a lot of people have signed up. Glaser said "They believe in what we're doing." Two households even signed up to have 100 per cent of their electricity generated from wind. "They're volunteering to pay $65 a month more on their hydro bill to know that the amount of electricity that they use a month is being put on the grid from wind," he said.

Guelph resident Katija Blaine recently signed up for the program. Using wind energy appealed to her because it is environmentally friendly. "It is an alternate source of electricity that does not rely on coal," she said. "(Wind) is a more sustainable source."

She also liked the fact that she's not relying on one source for her power. The blackout and the hydro price deregulation have reminded her that energy is a valuable resource. "An alternate source of electricity is a good thing to have," said Blaine.

Since the blackout, she said she is trying to conserve energy. She is more conscious of her electricity use in the home, purchased high efficiency light bulbs and installed an auto-thermostat.

When she first heard about Select Power's wind elements program she liked the idea but just wasn't sure if it was a viable option. Sometimes you hear about environmental solutions and inventions that people are working on but it's not available yet, she explained. "I was pretty excited to learn that it was something I could purchase," Blaine said.

(Photo by Brandi Stevenson)

Electricity has been a hot topic lately. Woodstock has had pay as you-go hydro for 14 years. Guelph residents now have the option to buy wind energy.

Counsellor's Corner - Cutting/Self-Harm

Expressing hurt can come in many forms. Sometimes we deal with painful feelings by having someone to talk to whom we feel we can trust. However, other times we may become withdrawn, thinking that no one is available to listen, and no one will help anyway. Or maybe we lash out angrily- shouting or hitting because we feel out of control. Using alcohol or drugs can be a way of coping for awhile, but usually the hangover continues and the bad feelings are still there.

For some people, cutting or self-harm has become a way to cope with feelings (usually emotional pain and anger) they can't seem to express. It can also feel like a way of staying in control. Some say it brings a release, ending the emotional pain by providing physical feeling and even evidence that they exist. Cutting does the talking. People who self-harm usually say they do not wish to die, just to feel.

The reasons people self-harm are numerous and individual, as are the methods used. Perhaps someone has experienced a form of emotional, physical, or sexual abuse; bullying in school for being 'different'; depression, parents' separation or divorce, a significant loss; strict family rules; or generally feeling misunderstood and unable to talk about what was going on. ***Or*** sometimes people really don't know why they are doing this – just that it is taking its toll on their body and not really ending the pain. The consequences aren't worth it. Cutting and self-harm usually brings negative attention in relationships, scars that don't fade, the need to wear excessive clothing, and energy spent in keeping this a secret or trying to stop.

If you or someone you know wants to talk about cutting or self-harm, professional counsellors are available to listen in Student Services. The college's Learning Resource Centre also has various resources (books, articles, videos) on cutting and self-harm, and resources are available in the community. Our counselling services are free, voluntary, and confidential.

A message from Student Services.

Condors fall to Saints; penalties fill game

By JASON SMITH

In a frustrating game that was overshadowed by penalties, the Conestoga Condors men's varsity hockey team fell victim to the St. Clair Saints on Dec. 5.

After coming out strong and going toe-to-toe with the impressive Saints lineup, the Condors found themselves in the penalty box much too often and eventually lost control of the game, falling prey to St. Clair by a final score of 9-4.

"I thought we had a great start," said head coach Dave Cressman. "We, maybe, our heads box, but we gave up no goals. But we let more as deep as they are."

The Condors were firing on all cylinders as the puck dropped and they looked to surprise the top-ranked St. Clair team by gaining an early lead.

Conestoga goaltender Jeff Young made a few early saves, allowing his team to stay confident and score the all-important first goal of the game.

The first period was full of goals with Condors defenceman Josh Dennis opening the scoring, just 3:19 in. Conestoga stormed down the ice with a three-on-one break after St. Clair coughed the puck up in Conestoga's neutral zone. Tim Schulz led the way into the Saints zone and made a nice tape-to-tape pass to Dennis, who beneath the puck behind Ryan Schuchard, the Saints goaltender.

However, the Conestoga lead wouldn't last long.

Just over two minutes later, St. Clair's Shane Takomi tied the game at one after receiving a nice centering pass in front of the Condors net.

It didn't take long for Conestoga to strike back, as Reid Porter ripped the game 7:21 into the first. Ryan Ferguson and Brent MacDermid assisted on the goal.

But once again, the Condors couldn't hold on to the lead.

St. Clair's Kevin Emery banged away in front of the Condors net just a minute and 15 seconds following Conestoga's go-ahead goal, and managed to pick up the garbage. In fact, the game, at two.

Conestoga's lead had quickly vanished once again, and they would not be able to get it back.

After a few questionable calls by the referee, the Condors constantly found themselves sitting in the penalty box, many times skating with a 5-on-3 disadvantage.

This proved to be the turning point of the game as the Saints took advantage of their opportunity and capitalized on two separate late, on-third, power plays.

The first St. Clair line, on their power play goal rattle, with six and a half minutes remaining in the first period and was scored by Finnen Sabrant.

As the buzzer sounded to end the first period, many of the Conestoga skaters seemed frustrated, mostly with the amount of time they spent in the penalty box.

The second period didn't see as much action as the first, but Conestoga seemed to have a little bit of extra wind in their sails as they held St. Clair scoreless for most of the period.

With a few minutes remaining in the period, the Condors. Bob Clayton was given an early Christmas gift in the form of a beautiful pass up the middle of the ice. Clayton managed to slip outside and walked in with a breakaway on the Saints goaltender. As approximately 50 fans rose to their feet cheering, in the Kitchener Recreation Centre, Clayton made his move and seemed to have St. Clair's goalie Ryan Schuchard beat, when Schuchard absolutely robbed him of a goal with an impressive glove save.

Schuchard wasn't the only one keeping the puck out of the net in the second period though. Conestoga's Jeff Young made a few key saves to keep his team in the game, and gave them a chance for a possible come back.

With a minute and 20 seconds remaining in the period, the Condors were finally able to capitalize on the power play as Brent MacDermid beat Schuchard to bring his team within one goal.

The Condors seemed to have new life, and I could pick up where they left off in the third period but were brought crashing down to reality when St. Clair's Rob Simpson scored with 21 seconds left in the second, regaining his team's two goal lead.

Moving into the final period of play, my hope the Condors had was quickly washed away as Rob Simpson scored his second goal of the night just two and a half minutes in.

Joel Gardner followed suit as he scored a power play goal for St. Clair at the nine minute mark.

St. Clair didn't stop there though. Rob Simpson completed the hat trick, scoring an unassisted goal to make the game 8-3 in favour of the Saints.

Condors goalie Jeff Young was then replaced with Jason Lafontaine.

Reid Porter gave the Condors one last glimpse of hope, scoring his second goal of the night with seven and a half minutes remaining, to signal him.

However, the goal wouldn't be enough to help Conestoga make a last-ditch attempt at a comeback. To add salt to the already open wound, St. Clair's Franco Subrani scored his second goal of the night with just over six minutes left in the game.

The Condors could not bounce back from the 9-4 defeat.

Coach Cressman made no excuses for his team and said they were simply outplayed by a very strong opposition.

"St. Clair is an excellent hockey club. Nice players, a solid team and the goaltending was phenomenal, especially in the second period where we could have put away but we didn't.

Conestoga had their share of opportunities with a few power plays of their own in a game that was filled with penalties. At the end of the night 66 minutes of penalties were handed out.

"These are men playing this game and it's tough hockey," he said. "Yeah, you call the cheap shots and stuff, but (the referee) just made some unbelievable calls and he doesn't take control of the game. But we can't blame the referee. We had enough chances with our power plays that we could have put it away and then goaltender made some big saves."

St. Clair's Schuchard stopped 44 of 48 shots on net.

With St. Clair having more depth on their roster, Cressman said his team's penalty minutes were what ultimately turned the game around.

"When we're relying on two lines and four defencemen and you get that many penalties and you get power plays and penalty killing it sucks the wind out of those two lines," he said.

Cressman isn't too concerned about his team and is looking forward to the rest of the season.

"We're not a bad hockey club. We're getting better all the time. We've got guys that haven't played at this level of hockey and it's tough for them, and we've got to learn. We've got a big second half coming up."

Brent MacDermid was the team's offensive threat, scoring four goals in the game. Three of them came in the second period. Brent is the leading goal scorer in the Ontario College Athletic Association and was named OCAA athlete of the week.

Four Condors are ranked among the top 10 points leaders this season. MacDermid is ranked number two with eight goals and seven assists for 15 points. Scott Bradley is ranked number four with six goals and seven assists for 13 points. Andrew McDermott is ranked number nine with five goals and six assists for 17 points and Reid Porter comes in at number 10 in the league with seven goals and three assists for 10 points.

The Condors will resume play in the new year, returning to the ice on Jan. 7.

CLASSIFIEDS

Got something to say?

Write a letter to the editor

Letters to the editor must be received by Tuesday at noon for the following issue.
Letters can be e-mailed to spoke@conestogac.on.ca dropped off at the Spoke newsroom at 4B14 or mailed (see address at bottom of page 4).
Please include your full name, address and phone number.
Anonymous letters will not be printed.

(Photo by Dawn Hassan)

Road work finally done

Workers re-pave the road between Doors 2 and 6. The road reopened before Christmas.

Live up to your resolutions

By KATE BATTLER

So you've decided to get in shape for your New Year's resolution, now what?

The recreation centre in the college has plenty of choices to help get you back in form.

For a more relaxing workout there is Pilates and yoga, which also help in reducing stress, something that most students can relate to.

If you're looking for something a little more invigorating there is step aerobics available on Tuesday and Thursday mornings.

For anyone looking to really work up a sweat, there are classes like kickboxing, cardio knockout and boot camp. Any one of these three classes is guaranteed to get your blood running.

A different class that might be of interest to students who are looking for something different is open Jan. 7 to Jiu-jitsu is the practice of using your opponents size and energy to your advantage. It is also a common form of self-defence.

For free fun, there is shinny hockey four lunch hours a week and it only cost $4. There is also public skating on Tuesday mornings and Sunday afternoons, which is free for students.

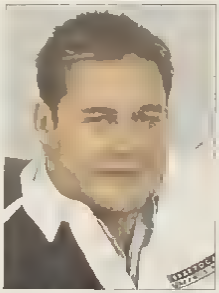
For more information and a full schedule of classes available, students can go to the rec centre in www.conestogac.on.ca/rec_centre/

A message from the CSI president

Dear Members of CSI,

Conestoga Students Inc. (CSI) has been redefining its purpose on campus, the core competencies of our association and has embraced a positive change in its governance style. Since taking office, this year's executive has been challenged with great success, to offer innovative new solutions that meet the demands of our members and clients.

More attention has been focused on organizational strategy, redefining core competencies and forward planning. We are preparing, for the first time ever, a multi-year operational plan and working towards Board priorities as both employees and Directors strive towards the mission of the organization. Involved students have already experienced positive changes as significant groundwork has been accomplished for the future development of the organization.



The new mission statement, approved by the CSI Board of Directors states, "... to enhance student satisfaction through active college and community awareness." We are excited as we begin to develop ways that CSI will make members increasingly aware of the positive experience that Conestoga already offers to its clients. Establishing this policy was important as it has became a daily objective of our staff and Directors.

The first experience we wanted the staff and students to feel this year was a revitalized and eager CSI. We gave the outside of the Sanctuary a face-lift while continuing to improve the lighting, sound and performance capabilities inside, to better relax and entertain you as you prepare to meet your academic goals. Also, your first contact with the CSI this summer was personalized. Our summer mail-out was an innovative solution that other student associations will be looking to duplicate at their own schools.

Furthermore, we began preparing to complement our existing staffing structure with the addition of a communications specialist as a step to mitigate the communication gap that was historically hindering. An impact analysis will be conducted to determine the effectiveness of this initial step in our overall strategy at the end of the academic year. Another effective component in improving our communication with our members was the addition and installation of the UCTV network at the Doon campus. As a revenue source, not deriving from student means, we are excited about this communication addition as it proliferates our awareness mediums when communicating with students.

A change this year was the introduction of a strategic activities planning model that allowed the selection of values to be measured with continuums. This year, the executive and staff agreed that offering an increased variety of events was our goal. Admittedly, not all of our events have been well-attended, but we have seen a greater diversity of student involvement than in past years – meaning different students with different interests, are coming to our events. The next step is to engage students with authority, responsibility and accountability as we move to host more student inspired events in the spring semester.

Another avenue where we were successful with engaging students was the exposure of the provincial election to our members. We were one of the few colleges to not only host a candidate's forum but also house polling stations. This was the first time Conestoga hosted a polling station on campus. Many students were able to identify the voting activity on October 2nd, hopefully leading them to vote when they went home for the evening. The Conestoga poll had 21 per cent greater voter turnout than the provincial average.

The organization's new governance change ratified at the annual general meeting was key to guaranteeing streamlined services and activities for students. A new change has a qualified general manager, who has experience in operating educational institutions, overseeing service and activities management of the organization. The GM reports to the Board of Directors that is comprised, in part, of nine students. This will mitigate the negative effect an inconsistent management team of students has on the overall service standards of the organization – as it is continuously important to have the organization operate smoothly regardless of the change in personalities, temperaments and priorities. Student initiatives have a greater chance of succeeding now with proper authority, responsibility and accountability given to the GM. On a bi-weekly basis the Board monitors the GM's performance, while the executive observe on a daily basis. These changes were key to being able to successfully execute services and activities for our clients. Students will see the benefits of this new model during their entire academic period with the college.

As of December, for the first time in CSI history, the Board developed and approved a priorities list on behalf of its members. These priorities offer annual goals to the General Manager and executive of the corporation, as well as to the college administration. Typically in the past, the president focused on whatever they wanted to, strived to convince the Board what he/she was doing was beneficial and looked for a "rubber stamp." Under the new system, the Board becomes the initiator of policy and priorities, not a reactor. Meaning the president will be accountable to the will of the Board and only has authority to work on the priorities of the Board – this is a positive change and a great improvement in accountability as the Board has representative students from the members-at-large.

Just recently CSI became active members in the food bank, not only have we secured regular shipments of food provisions to our on-campus food bank, but we have also offered to connect students who are seeking volunteer opportunities to the food bank association. CSI directors, other student volunteers and Conestoga alumnus kicked off the Checkout Hunger campaign at the Stanley Park Zehrs by packing bags of food in the beginning of December.

We have finished the semester by hosting a Support Staff Appreciation Dinner and a faculty retirement event.

CSI has much to celebrate as we have spent the last eight months redefining ourselves and correcting our internal deficiencies and like any organization we have some, however, in a new CSI we have acknowledged our weaknesses and threats, created plans for improvements based on our strengths and opportunities, implemented appropriate solutions and remain focused on monitoring. There is still plenty of work to do and in the coming months we look forward to a renewed school spirit, student initiated activities, effective communication and continued dedication to our lobbying with the administration and government on student issues, like the recent tuition freeze.

If students have any concerns or questions, I am always available to meet with you.

Sincerely yours,

Justin Falconer
President, CSI